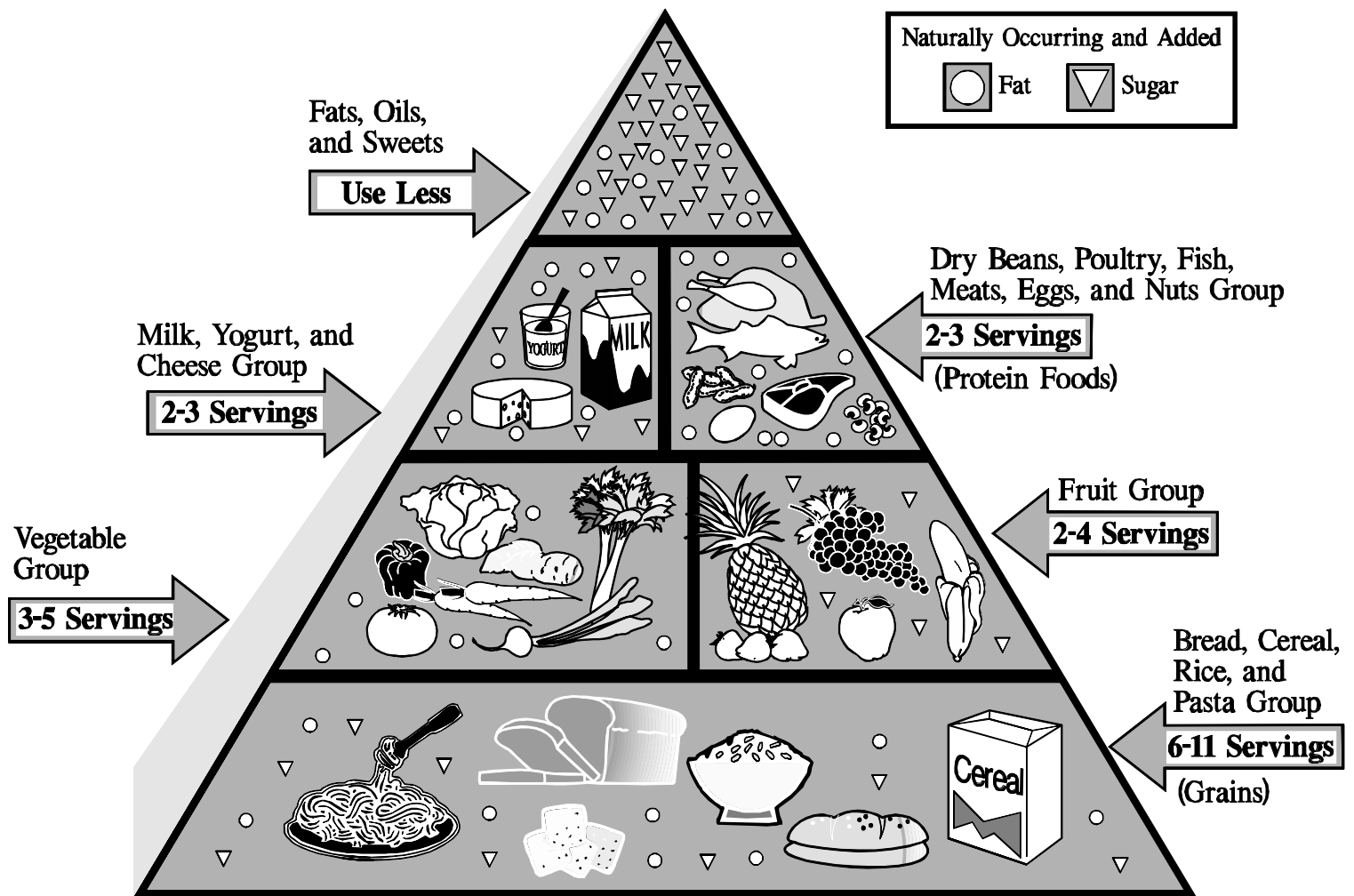


# Plan Healthy, Low-Cost Meals Using the Food Guide Pyramid

Choose from these 5 basic food groups every day.



Meal planning is like building a pyramid.  
Plan meals from the bottom of the pyramid up.

***The foods at the base or bottom of the pyramid are:***

- ▲ Less expensive
- ▲ More filling
- ▲ Healthier, because they are low in fat and sugar

So, when planning meals, build a base with grains, vegetables and fruits. Then, top them off with choices from the protein and milk group. If you use fats, oils and sugar, only use small amounts.

*(See other side for information on how to use several food groups in one main dish.)*

## Serving Sizes for Adults \*

### Breads, Cereals, Rice, and Pasta

1 slice of bread  
1/2 cup cooked rice or pasta  
1/2 cup cooked cereal  
1 cup ready-to-eat cereal  
4 small crackers

### Vegetables

1/2 cup cooked or chopped raw  
1 cup leafy raw  
3/4 cup juice

### Fruits

1 medium size  
3/4 cup juice  
1/2 cup canned or chopped  
1/4 cup dried

### Milk, Yogurt, and Cheese

1 cup nonfat or extra light milk  
(For children under 2 years, use Vitamin D whole milk.)  
1 cup nonfat or low fat yogurt  
1 1/2 - 2 ounces low fat cheese

### Dry Beans, Poultry, Fish, Meat, Eggs, and Nuts

2 - 3 ounces cooked lean meat, poultry, or fish

1 ounce { 1/2 cup cooked dry beans or lean = 1 egg or meat 2 tablespoons peanut butter

### Fats, Oils, and Sweets

Limit calories from these for better health.